May 2021 Menu - Updated 3.8.21						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Important Notes
Move a berry nice	3	4	5	6	7	
	Cheese Quesadilla	Baked Ziti Pasta	Whole Grain Waffles with Strawberry Sauce and Turkey Sausage	Turkey Mini Meatloaf	Cheese Pizza	Green squares indicate daily
WYERESTHIA	Cheese Quesadilla	Baked Ziti Pasta	Whole Grain Waffles w/Strawberry Sauce & Veggie Patty	Veggie Sliders on Bun Roasted Potatoes	Cheese Pizza	vegetarian entrée.
FACTS	Broccoli	Green Beans	Cauliflower	Carrots	Cucumber with Ranch Dip	
	Applesauce	Cran Apple Sauce	Honeydew	Applesauce	Pineapple	
SNACK ATTACK IDEAS FOR	School Aged Snack: Cinnamon Graham Crackers	School Aged Snack: Cookie	School Aged Snack: Whole Grain Goldfish	School Aged Snack: Jello Cup	School Aged Snack: Pudding Cup	Our produce is
PRE- SCHOOLERS:	Milk	Milk	Milk	Milk	Milk	>75% locally sourced
	10	11	12	13	14	304.004
THIRSTY—skim or low fat milk,	Cheese Tortellini with Rosa Crema Sauce	Roasted Chicken with Gravy	Vegetarian Bean Chili	Chicken Pasta Alfredo	Grilled Cheese Sandwich	
water with lemon, lime, or orange wedge	Cheese Tortellini with Rosa Crema Sauce	Veggie Meatballs with Veggie Gravy Roasted Potatoes	Vegetarian Bean Chili	Pasta Alfredo	Grilled Cheese Sandwich	
SMOOTH—	Green Beans	Zucchini	Cucumber with Ranch	Zucchini	Tomato Soup	Toddlers will be
banana,	Cantaloupe	Pineapple	Cran Apple Sauce	Mango	Honeydew	served whole milk
cottage cheese, yogurt with fruit	School Aged Snack: Pretzels	School Aged Snack: Cookie	School Aged Snack: Cinnamon Graham Crackers	School Aged Snack: Jello Cup	School Aged Snack: Pudding Cup	2's and above will be served 1% milk
CRUNCHY—	Milk	Milk	Milk	Milk	Milk	
raw vegetables,	Whole Wheat Pasta with	Oven Roasted Turkey	19	Veggie Meatballs with	21	
apples, popcorn,	Garlic Butter	Breast with Gravy	Cheese Pizza	Tomato Sauce	Bean & Cheese Burrito	Soy milk is
graham crackers, rice cakes, granola bar, a handful	Whole Wheat Pasta with Garlic Butter	Veggie Patty with Veggie Gravy	Cheese Pizza	Veggie Meatballs with Tomato Sauce	Bean & Cheese Burrito	available upon request
of dry cereal	Vanilla Yogurt	Diced Sweet Potatoes		Veggie Orzo		
JUICY—fresh	Peas	Broccoli	Cucumber with Ranch Dip	Cauliflower	Green Beans	Amgen Dining Commitment: Poultry
fruit, 100% frozen juice popsicles, cherry	Pineapple School Aged Snack: Jello Cup	Applesauce School Aged Snack: String Cheese	Mango School Aged Snack: Cookie	Honeydew School Aged Snack: Pudding Cup	Cantaloupe School Aged Snack: Cinnamon Graham Crackers	without routine use of human antibiotics & sourcing rBGH-free milk & yogurt.
tomatoes,	Milk	Milk	Milk	Milk	Milk	yogurt.
blueberries	24	25	26		28	
FUN—fruit,	Turkey Sloppy Joe on		Spaghetti with Beef			
frozen bananas,	Whole Wheat Bun	Herb Chicken with Gravy	Bolognese Sauce	Cheese Quesadillas	Veggie Lasagna	
watermelon, strawberries	Veggie Sloppy Joe on a Whole Wheat Bun	Veggie Meatballs with Vegetarian Gravy Mashed Sweet Potatoes	Spaghetti with Tomato Basil Marinara Sauce	Cheese Quesadillas	Veggie Lasagna	
REALLY	Carrots	Spinach with Ranch	Zucchini	Peas	Broccoli	
HUNGRY-1/2	Honeydew	Mango	Cran Apple Sauce	Cantaloupe	Pineapple	*In the event you
peanut butter sandwich,	School Aged Snack:	School Aged Snack:	School Aged Snack:	School Aged Snack:	School Aged Snack:	determine that your child(ren) is or may be
cereal witth milk, bagel with	Pudding Cup Milk	Pretzels Milk	Cheesy Garlic Bread Milk	Jello Cup Milk	Cookie Milk	allergic to any menu item, please notify Bright
low fat cream cheese, cheese					IVIIIK	Horizons immediately, both via phone and in
and crackers	31	1	2	3	4	writing, at South House x76793 #2. Parents are
Tips from Color	100 gas-1-10 pa	Chicken Tenders	French Toast Sticks with Strawberry Sauce	Grilled Cheese Sandwich	Baked Ziti Pasta with Marinara Sauce	responsible for providing alternative menu items for
Me Healthy:	AMGEN	Veggie Patty w/Cheese	French Toast Sticks w/Strawberry Sauce & Veggie Patty	Grilled Cheese	Baked Ziti Pasta with Marinara Sauce	their child(ren).
			Turkey Sausage		Cucumber	
	OLOGED	Zucchini with Ranch	Carrots	Tomato Soup	with Ranch	
NC STATE CONTINUE TO THE PROPERTY OF THE PROP		Cantaloupe School Aged Snack: Whole Grain Goldfish Milk	Pineapple School Aged Snack: String Cheese Milk	Honeydew School Aged Snack: Pudding Cup Milk	Applesauce School Aged Snack: Chex Mix Milk	
Menu is subject to change without notice based on food availability.						

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^{*}This menu satisfies the USDA Child Care Food Program guidelines. Please review this menu carefully and determine whether your child(ren) may be allergic to any item on this menu, or if you would like additional information regarding the ingredients of any menu item, please contact the Camp Amgen front office x71634. Upon your request, you will receive a complete list of ingredients for each menu item requested.